

ROGERS COMMUNITY-SCHOOL RECREATION ASSOCIATION

YOUTH VOLLEYBALL RULES

1. All matches will be 2 out of 3 games. If a team wins the first 2 games, a third game will not be played.
2. First 2 games will go to 25 points and a team must win by 2 points. If there is a 3rd game, it will go to 15 and a team must win by 2 points. All games will be rally scored.
3. A coin flip will determine the serve for the first game. If there is a 3rd game in a match, a second coin flip will be made to determine who serves. The winner of the coin flip before the 3rd game has the option to serve or pick which side of the court to play on.
4. **Serving:** Players are allowed to serve anywhere behind the line. Players cannot be on or over the line when they strike the ball. Serves off the net will be played. The server is allowed 5 seconds to serve the ball. If the server is whistled for time violation, the player will lose service seat. On the serve, the server only gets 2 tosses; the server must hit the ball on the second toss or they will lose the serve and it will be a side out to the other team.
In the Middle School league each time a player comes to the service seat, the first serve must be overhand, and if it does not make it over, he/she will have a second serve, which can be underhand. After a player serves the ball over the net and wins a point, the second serve is not given if they do not get the ball over the net on the next serve. The server can finish out serving either over or underhand.
In the 4th/5th grade league the server can choose to serve the volleyball either underhand or overhand, and if it does not make it over, there will be a second serve. After a player serves the ball over the net and wins a point, the second serve is not given if the ball does not go over the net on the next serve. If a player serves the ball on their first serve at the service seat and it goes over the net, but they step on or over the serving line, it is a side out to the other team. The second serve only applies to a ball that does not make it over the net. This league will have a step-in line (8ft.) that will be used for the serving line. If the serve does not make it over the net after the second attempt, the point goes to the non-serving team and a coach from the serving team will throw the volleyball over the net to the opposing team. Ball is playable, but no additional points will be awarded.
5. Server will only be allowed to serve for 5 consecutive points. After 5 points, possession goes to the other team.
6. When playing under the net, players will be allowed to be on the center line, but not over it. Players are not allowed to touch the net at any time during play.
7. Teams may start a game with 4 players.
8. The ceiling is playable if the team that hit the ball is playing it off the ceiling on its side of the court.
9. Each team will get (2) time-outs per game. Time-outs are limited to one minute.
10. There will be a 2-minute intermission between games.
11. Each team will get a minimum of 5 minutes to warm up before the first match.
12. Substitution will occur after a team regains service possession. Team will make its substitution at the middle back position only. Teams must substitute every side out.
13. No more than two boys on the court at one time and no more than three boys on a team.
14. For games, each team will provide one volunteer to help keep score and one volunteer to serve as a line judge.